



# HOW TO BUILD A DISASTER SUPPLY KIT

TO PROTECT  
YOUR FAMILY



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## DISASTER SUPPLY KIT

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Basic services, such as electricity, gas, water, sewage treatment and telephones, may be cut off for days or even weeks. You may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you will need. A Disaster Supplies Kit can help your family stay safe and be more comfortable after a disaster.

## DISASTER SUPPLIES CHECKLIST FOR PETS

- Medications and medical records stored in a waterproof container and a first aid kit. A pet first aid book also is good to include.
- Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around and lie down. Your pet may have to stay in the carrier for hours at a time while you have taken shelter away from home. These may require blankets or towels for bedding and warmth, and other special items.
- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated.
- Food and water for at least three days for each pet, bowls, cat litter and litter box, and a manual can opener. Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.
- Pet toys and the pet's bed, if you can easily take it, to reduce stress.
- Other useful items include newspapers, paper towels, plastic trash bags, grooming items and household bleach.

## HOW TO BUILD A DISASTER SUPPLY KIT TO PROTECT YOUR FAMILY

Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Below is a comprehensive list of what should be included in your kit. Possible containers include a large, covered trash container, a camping backpack or a duffle bag.

There are six basics you should stock for your home:

### Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing

mothers and ill people will need more.

Store one gallon of water per person per day. Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for foodpreparation/sanitation).

### Food

Store at least a three-day supply of non-perishable food. Select foods that require





no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods (cookies, hard candy, instant coffee, etc.)

### **First Aid Kit**

Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3 x 3 sterile gauze pads
- (2) 4 x 4 sterile gauze pads
- (1) roll 3" cohesive bandage



- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2” width
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield

### **Non-Prescription Drugs**

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

### **Tools and Supplies**

- Can opener/utility knife
- Aluminum foil/plastic wrap/resealable plastic bags
- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual

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- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers/work knife
- Tape
- Compass
- Matches in a waterproof container
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Extra set of house keys and car keys
- Matches in a waterproof container
- Map of the area (for locating shelters)
- Paper and pencils or pens
- Needles and thread



### **Sanitation**

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

### **Clothing and Bedding**

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses
- Dust mask

### **Special Items**

Remember family members with special requirements, such as infants and elderly or disabled persons

### **For Baby**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications



## For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Hearing aid batteries

## Entertainment

- Games and books

## Important Family Documents

Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

## WHAT TO DO AFTER BUILDING YOUR KIT

- Store your kit in a convenient place known to all family members.





- Keep a smaller version of the supply kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Replace your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

**Reminder:**

**Always keep a shut-off valve wrench near the gas and water shut-off valves in your home.**

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as **shelter-in-place**, is a matter of survival. You can tape up windows, doors and air vents to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.

**Reminder:**

**Pre-cut plastic sheeting to fit “shelter-in” room locations along with duct tape and scissors in case you must seal your family in a single room. ✕**





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For more information about how to prepare your disaster supply kit and prepare for a specific terrorism threat or a natural or man-made disaster click on the related links:

[www.homelandsecurity.ky.gov](http://www.homelandsecurity.ky.gov)

[www.redcross.org/preparedness/cdc\\_english/CDC.asp](http://www.redcross.org/preparedness/cdc_english/CDC.asp)

[www.ready.gov](http://www.ready.gov)

[www.protectyourfamily.ky.gov](http://www.protectyourfamily.ky.gov)



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